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Green Smoothies For Dummies

By Consumer Dummies, Jennifer Thompson

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Green Smoothies For Dummies, Consumer Dummies, Jennifer Thompson, Sip your way to ultimate nutrition and feel better than ever Whether you're looking to detox, lose weight, or just add more veggies to your diet, green smoothies are the way to go. Easy to prepare, portable, and endlessly customizable, green smoothies are the trendy new beverage in everyone's cup. Think you don't like kale, collard greens, or watercress? Try them in a smoothie and you'll never see them the same way again. Green smoothies are the easiest, most painless way to add more nutrients to your diet, so you can feel better than ever before. Green Smoothies For Dummies is your beginner's guide to the world of drinkable greens. Author and international smoothie guru Jennifer Thompson explains the benefits of green smoothies, and provides over 90 recipes that will make you start craving your vegetables. You'll get to know the flavors and properties of each ingredient, and how to combine ingredients for complete nutrition. * Replace meals with green smoothies without sacrificing nutrients * Boost your nutrition even higher with protein and fiber supplements * Reduce hunger and feel full...

Reviews

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